



50 million Scouts making the world's largest youth contribution to the Sustainable Development Goals

national challenge 2022

Meerkats

SCOUTS GO SOLAR

"The smartest energy choice under the sun"

QuotesGram



be prepared

All over the world, there is an urgent need to address the Sustainable Development Goals, to mitigate Climate Change, and in particular to reduce CO2 emissions. In order to achieve a better and more sustainable future for all, we all have a role to play. It is our duty to get involved and to make a difference. This year as our SDG National Challenge SCOUTS South Africa is "Going Solar". As a Leader, you can set a good example and create more awareness about solar energy, by motivating your Meerkats to complete the national challenge.

The Challenge:

There are four sections to the 2022 Going Solar Challenge, covering the following:

Section 1: Sun is life

Requirements:

Do **TWO** of the following activities:

1. Grow a sunflower or bean and discover how it turns to the sun during the day.
2. Discover which colours absorb more heat and which reflect heat.
3. Trace a variety of different objects using the shadows cast by the sun – see resources below.
4. Know what a solar compass looks like and discover how the position of the sun changes throughout the day.

Section 2: Impacts of the sun on health and the environment

Requirement:

1. Run the "Perfect day for a swim" programme.

Section 3: Use of solar energy

Requirements:

Do **TWO** of the following activities.

1. Learn how to make clean drinking water using direct sunlight with the SODIS-Method – see [Solar Energy Handbook](#).
2. Use the heat from the sun to create sun colours – see resources below.
3. Discover how sunlight can be converted to heat – see resources below.

Section 4: Go solar

Requirements:

Do **TWO** of the following:

1. Heat water using solar energy and use the water to wash your hands properly.
2. Enjoy a solar lunch with other Meerkats.
3. Learn about the importance of drinking clean water.

Programme-on-a-plate

NB: If swimming is organised as part of an outing, we are required to have someone with Water Awareness present in line with our Safe Scouting Policy.

Theme:	A perfect day for a swim
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So often when we are having fun we forget about the important things. First Aid and safety should be something that we are always ready for.

Time	Min	Activity	Equipment	Scouter
	05	OPENING: Meerkats in Burrows, Meerkats Stand Tall We are the Meerkats Register	Meerkat Totem Membership cards Register	
<i>It's nice and hot today; let's pretend we are going swimming. We'll pack a picnic basket with yummy snacks and some delicious water to drink.</i>				
	05	STEAM RELEASE: Meerkats climb into the bus/car and run around the field pretending to dive into the swimming pool.	None	
<i>Yay, we're here! First things first, we need to remember the buddy system. Do we all have a buddy? We also need to put on sun cream so that we don't burn. We should also keep our hats on, they protect our beautiful faces from the sun's harmful rays. Most of all remember to only swim when you have an adult with you and they say it is OK to swim.</i>				
	05	ACT IT OUT: Split the Meerkats into two's or three's and practice putting on sun cream. Where do we put the cream and how often do we put it on? Make sure each Meerkat has their hat on. Have water to drink during the day.	Sun cream; hats; bottles of water	
<i>Ben is not well and feeling cold so he lies in the sun to get warm and falls asleep because he is so comfortable. He ends up with sunburn/sunstroke. What should we do?</i>				

Time	Min	Activity	Equipment	Scouter
	10	<p>WORK IT OUT:</p> <p>Talk about what we would do for Ben; find a shady spot to sit down in.</p> <p>Discuss the Ozone layer and the sun's rays being reflected in the Greenhouse Effect.</p> <p>What can we do to help Ben? Call an adult; remind the Meerkats that the emergency number is 112 or 10177.</p> <p>We could pour cool water (not too cold though) on the burn to cool Ben down. Burn shield is also a good idea.</p> <p>Give Ben a drink of water and have one yourself too, so that we don't dehydrate.</p>	<p>Posters about the Ozone layer and Greenhouse Effect</p> <p>Flashcards for the telephone numbers (use rhymes/hand signs to remember)</p> <p>Bottles of water</p> <p>Burn shield (First Aid kit)</p>	
<i>Talking about water, it's a good idea to wash our hands as well (COVID is real you know).</i>				
	05	<p>PRACTICE:</p> <p>Demonstrate washing hands correctly; according to the guidelines, wash with soap under warm running water for 20 seconds.</p>	Water and soap	
<i>Should we give Ben medicine to take away his pain? NO!</i>				
	05	<p>TALK ABOUT IT:</p> <p>We don't know if people have allergies, or what the medicine does. We don't give or take any medicine unless it is given to us by a Doctor, Pharmacist, or responsible adult.</p>	It may be helpful to show Smarties and brightly coloured meds; they all look nice but can do a lot of harm	
<i>By now Ben may be feeling quite ill and weak. Let's put Ben into the recovery position as this will make him feel more comfortable.</i>				

Time	Min	Activity	Equipment	Scouter
	05	ACT IT OUT: Practice putting Ben (each other) into the recovery position. This will make him feel more comfortable and, if he gets sick, it will flow away from him.	Soft grass	
<i>After all that hard work, let's get out and enjoy ourselves.</i>				
	05	WIDE GAME: Send the Meerkats in all directions. When you call 'buddy', they must find their buddy from earlier, sit down, and wave at you.	None	
<i>After all that Ben has been through, Lucy and Thandi run to play on the swings. Thandi bumps her nose and has a nose bleed. Help her to find a cool place to sit.</i>				
	10	PRACTICE: Apply pressure to the middle of the nose for 10 minutes to stop bleeding. While doing this, ask how else you can stop a bleeding nose and what shouldn't you do. Something else that you shouldn't do is touch other people's blood. You should wear gloves. Apart from touching blood being gross, why else shouldn't we touch someone else's blood?	Gloves	
<i>You really know your stuff. Well done! Knowing First Aid could save someone's life.</i>				
	05	CLOSING: Meerkats in Burrows, Meerkats Stand Tall Hand out any badges We are the Meerkats Meerkat prayer What will you do until next week? – Promise.		

Den Scouters

Do as much of the programme as you can. It is a lot to take in but, if completed, you will have covered the First Aid badge as well.

PS: It could be a really good idea to plan a real outing in the next week or two, to either do a swimming badge or picnic, just for fun. Don't forget your permits.

Reminder:

- **National Meerkat Challenge deadline: 30 November 2022.** All entries are to be submitted to your Regional Team Coordinator by 11 December 2022.
- On completion of the national challenge, the Meerkats and Scouters who took part will be awarded a special national challenge badge and the Den will be awarded a special challenge certificate.

**Thank you for getting involved, for inspiring and
empowering our Meerkats to create a better world!**

Resources:

Sun Tracing:

Let the shadows be the Meerkat's guide to this activity.

In the morning or late afternoon, place a table in a sunny spot where long shadows are cast. Arrange a variety of objects on pieces of paper. Have the Meerkats trace the shadows with crayons or pencils.

Acknowledgement: www.todayspower.com>tpiblog>activities

Sun Colours:

Remove the paper from about 20 wax crayons. Break them up into smaller pieces. Place two to three cookie cutters on a parchment-lined baking sheet. Fill the cutters with ½ inch layer of crayon pieces then place the baking sheet in direct sunlight until the pieces are melted. Let the cutters cool for one hour or until they are solid. Then gently pop the shapes out of the cutters.

Acknowledgement: www.todayspower.com>tpiblog>activities

Solar Balloon:

Fill two plastic bottles with water, one painted black, the other white – and attach a balloon to each one's neck. Watch as the sun heats the water, which slowly fills the black balloon, while the white balloon remains the same.

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